

# Course Overview

## Coasters Harbor Navy Yacht Club

[www.nwc.navy.mil/chnyc](http://www.nwc.navy.mil/chnyc)



# Course Description

- **Ground school**
  - Six hours
  - Monday, Tuesday and Thursday nights
- **On-water instruction**
  - Ten hours
  - Saturday morning
  - Monday, Tuesday & Thursday evenings

# Ground School – Monday Night

- **Introduction**
  - **Course Overview**
- **Preparation for sailing**
  - **Required safety equipment**
- **Wind direction**
- **Basic boat nomenclature**
  - **Hull & Standing rigging**
  - **Sails & Running rigging**
- **Sail theory and trim**
- **Basic knots**

# Ground School – Tuesday Night

- **Rigging sailboat (dockside)**
- **Points of sail**
- **Steering, Tacking and Jibing**
- **Navigation rules**
- **Local rules**

# Ground School – Thursday Night

- **Walk marina & waterfront**
- **Weather**
- **Tides & currents**
- **Landings**
- **Crew overboard recovery**
- **Anchoring and grounding**
- **Review**
- **Written examination**

# On-water Training Saturday Morning

- **Preparing to sail.**
- **Basic knots.**
- **Leaving dock.**
- **Starting, stopping, speed control.**
- **Sail trimming.**
- **Aids to navigation.**
- **Tacking.**
- **Safety position.**
- **Getting out of irons.**
- **Returning to dock.**
- **Break**
- **Preparing to sail.**
- **Leaving the dock.**
- **Jibing.**
- **Steering with weight and sails.**
- **Returning to dock.**
- **Securing the boat.**

# On-water Training Monday Evening

- **Preparing to sail.**
- **Leaving the dock.**
- **Sail trimming.**
- **Tacking.**
- **Jibing.**
- **Steering with weight & sails**
- **Overboard recovery.**
- **Heaving-to.**
- **Returning to dock.**
- **Securing the boat.**

# On-water Training Tuesday Evening

- **Preparing to sail.**
- **Shortening sail.**
- **Leaving the dock.**
- **Sail trimming.**
- **Tacking.**
- **Jibing.**
- **Overboard recovery.**
- **Heave-to.**
- **Sailing a course.**
- **Maneuvering in confined areas.**
- **Returning to dock.**
- **Securing the boat.**



# On-water Training Thursday Evening

- **Check ride**
- **Preparing to sail.**
- **Leaving the dock.**
- **Sail trimming.**
- **Tacking.**
- **Jibing.**
- **Sailing a course.**
- **Overboard recovery.**
- **Returning to dock.**
- **Securing the boat.**

# Schedule Overview

<b>Mo</b>	<b>Tu</b>	<b>We</b>	<b>Th</b>	<b>Fr</b>	<b>Sa</b>	<b>Su</b>
<b>GS1</b> <b>1900</b> - <b>2100</b>	<b>GS2</b> <b>1900</b> - <b>2100</b>		<b>GS3</b> <b>1900</b> - <b>2100</b>		<b>OW1</b> <b>0800</b> - <b>1200</b>	
<b>OW2</b> <b>1700</b> ~ <b>1900</b> *	<b>OW3</b> <b>1700</b> ~ <b>1900</b> *		<b>OW4</b> <b>1700</b> ~~ <b>1900</b> *			

\* Times of on-water training are scheduled to end 30 minutes before sunset.